

“INDOOR” TRAINING PROGRAMME

“Motivating Communication and Cooperation” – 5-day lecture series

- Learning how to create a shared vision, explore and reflect, learn together and from one another, and think systemically.
- Main focus is on motivating communication and cooperation, preparing to embrace everyday changes and manage oneself in various emotionally challenging situations, maintaining inner balance, building self-respect, performing work professionally, fostering organisational values, and creating effective communication outside the organisation.
- Stress and burnout – how to avoid it?
- Cognitive distortions that contribute to distrust, emerging conflicts and outbursts of anger.
- Conflicts and how to overcome them.

“Learning by Experimenting” – 5-day seminar series

- The training is based on the idea of experimental and problem-solving learning. It is education and learning through experiments, trials, research, creative activities, etc. in order to better understand the surrounding world.

“Psychosocial Factors and the Importance of Mental Health for Working People” – 3-day lecture series

- Mental health and its importance at work.
- Causes of stress at work.
- Consequences and cost of stress.
- Occupational burnout and its prevention.
- Development of psychological resilience and general psychosocial competences.
- Support for colleagues.
- Identification and management of support.
- Healthy and harmful relationships in the workplace.

“The Power of Image” (stylist services) – 5-day series of lectures and practical sessions

- Image creation seminars combined with stylist services.
- Free make-up services (hairstyling services to support style creation).
- Clothing stylist services (one individual outfit per participant).